

Clean Indoor Air & Smokefree Policy

Wyoming Chronic Disease Conference
Cheyenne, Wyoming
May 5, 2010



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www.no-smoke.org



Wyoming

Albany
Big Horn
Crook
Fremont
Hot Springs
Johnson
Laramie
Lincoln

Sweetwater
Washakie
Weston
Through with Chew
WYSAC
Wyoming Cares
American Heart
Assoc.

WyPTAC

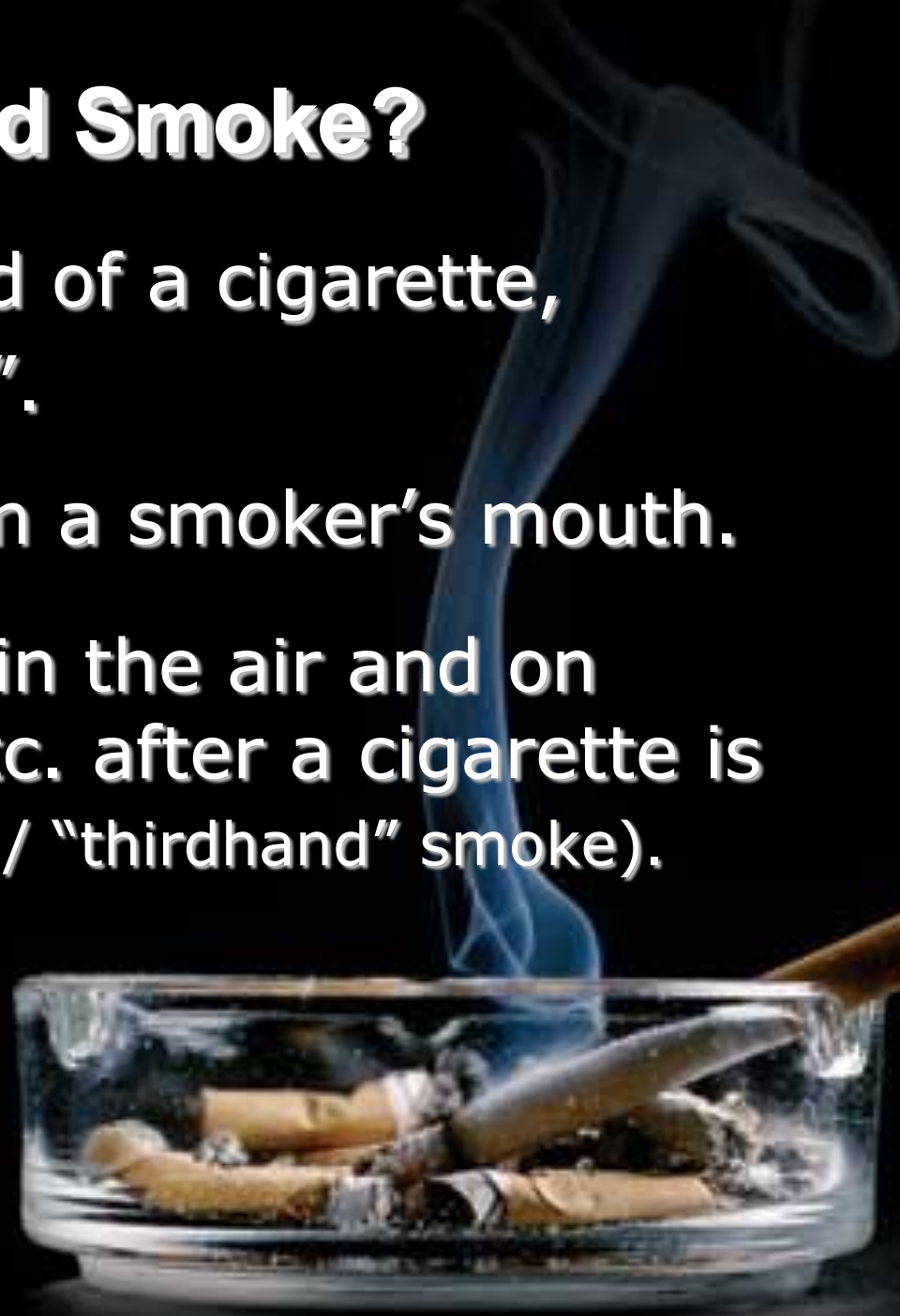
Secondhand Smoke: The Dirty Truth



And Why We Care...

What is Secondhand Smoke?

- Smoke from the end of a cigarette, “sidestream smoke”.
- Smoke exhaled from a smoker’s mouth.
- Smoke that lingers in the air and on clothing, textiles, etc. after a cigarette is smoked (“off-gassed” / “thirdhand” smoke).



Secondhand smoke contains nearly
5,000 chemical compounds,
over 50 cancer causing substances.



All together, secondhand
smoke causes an estimated
53,000 premature deaths
every year in this country.



DISEASES CAUSED BY SMOKING

CANCERS

Larynx

Oropharynx

Oesophagus

Trachea, bronchus or lung

Acute myeloid leukemia

Stomach

Pancreas

Kidney and Ureter

Colon

Cervix

Bladder

CHRONIC DISEASES

Stroke

Blindness, Cataracts

Periodontitis

Aortic aneurysm

Coronary heart disease

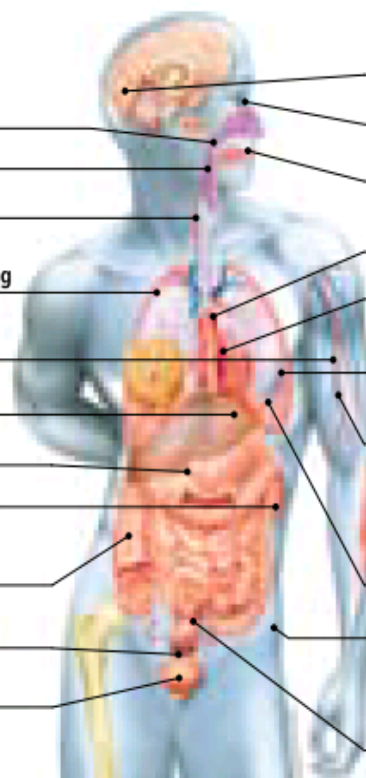
Pneumonia

Atherosclerotic peripheral vascular disease

Chronic obstructive pulmonary disease (COPD), asthma, and other respiratory effects

Hip fractures

Reproductive effects in women (including reduced fertility)



DISEASES CAUSED BY SECOND-HAND SMOKE

CHILDREN

Brain tumours*

Middle ear disease

Lymphoma*

Respiratory symptoms, Impaired lung function

Asthma*

Sudden Infant Death Syndrome (SIDS)

Leukemia*

Lower respiratory illness

ADULTS

Stroke*

Nasal irritation, Nasal sinus cancer*

Breast cancer*

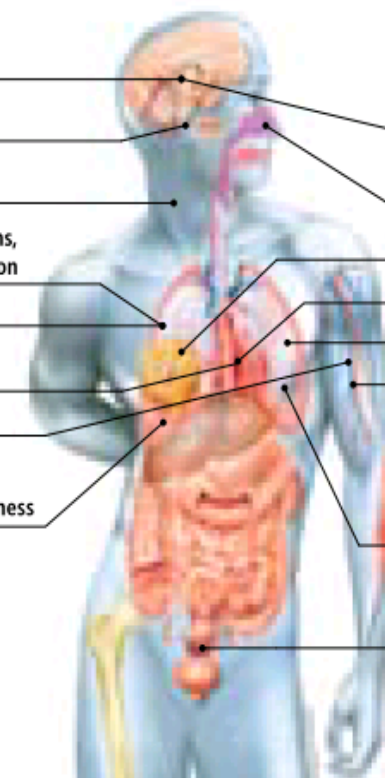
Coronary heart disease

Lung cancer

Atherosclerosis*

Chronic obstructive pulmonary disease (COPD)*, Chronic respiratory symptoms*, Asthma*, Impaired lung function*

Reproductive effects in women: Low birth weight; Pre-term delivery*



* Evidence of causation: suggestive
Evidence of causation: sufficient

Source: U.S. Department of Health and Human Services. *The health consequences of smoking: a report of the Surgeon General*. Atlanta, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004 (http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/chapters.htm, accessed 5 December 2007).

Source: U.S. Department of Health and Human Services. *The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General*. Atlanta, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 (<http://www.surgeongeneral.gov/library/secondhandsmoke/report/fullreport.pdf>, accessed 5 December 2007).







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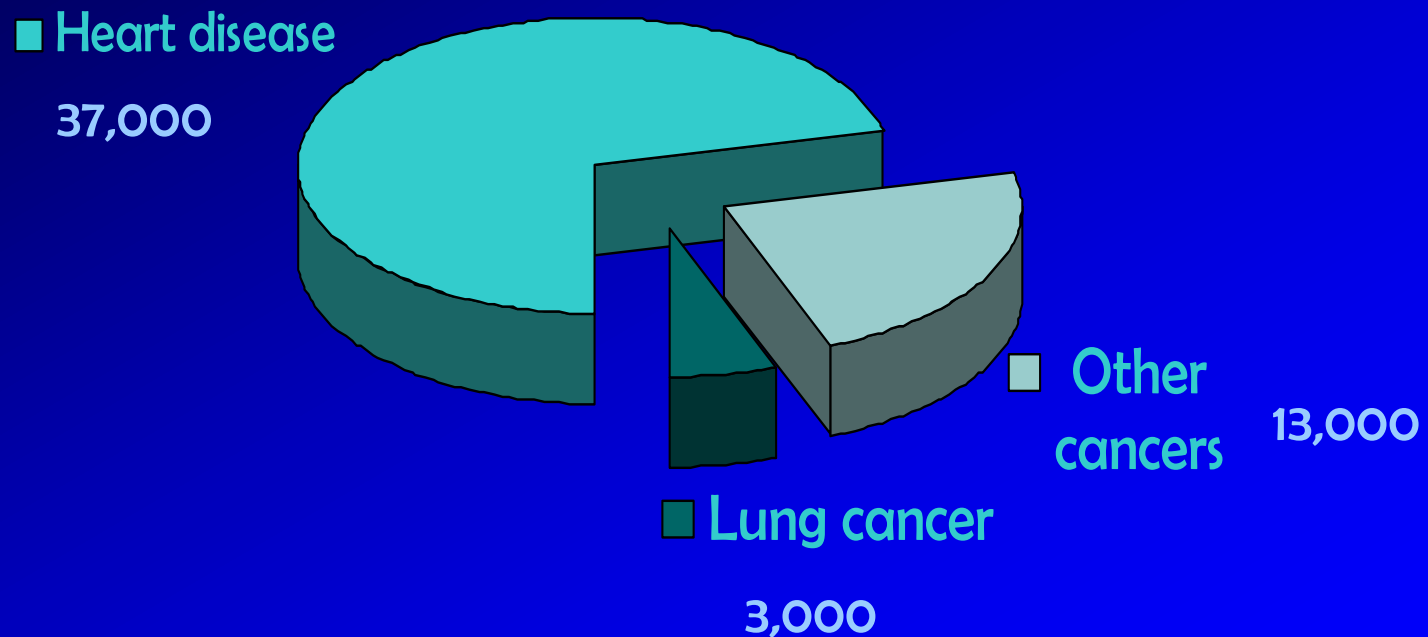




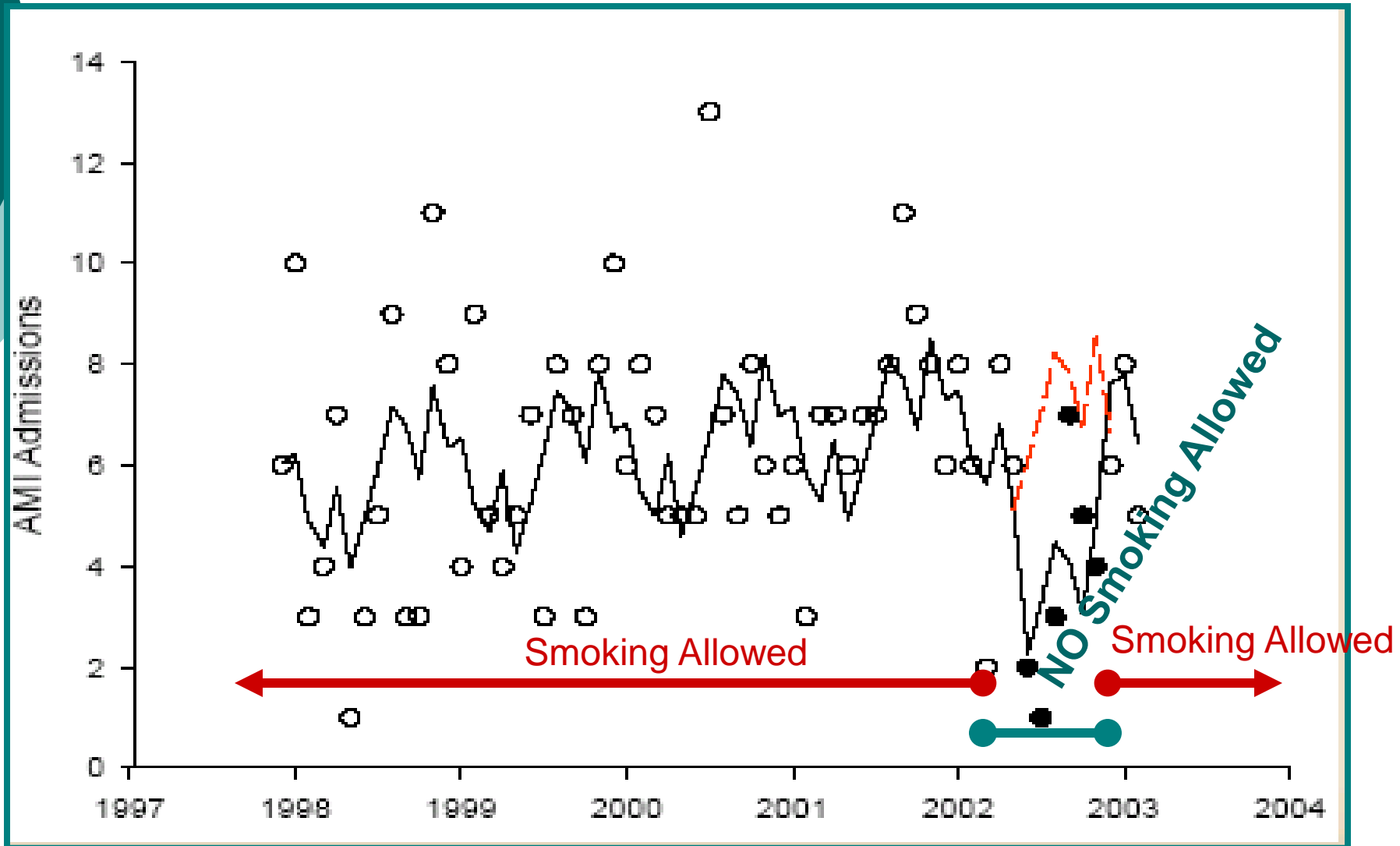
Secondhand Smoke...

- causes *lung cancer & other cancers (cervical, throat, etc)*
- causes *bronchitis, emphysema and asthma in adults*
- increases the *risk of breast cancer* in younger women.
- causes *Sudden Infant Death Syndrome*
- causes *asthma and other respiratory infections in children.*
- increases *learning disabilities* in children.
- causes *asthma in adults.*
- causes *pre-term delivery.*
- increases *ear infections.*
- causes *heart disease*

Annual Deaths Due to Secondhand Smoke



Helena Montana Heart Study, 2002



In Helena, Montana: Significant fall of -4.0 ± 1.2 AMI admissions per month while smokefree ordinance was in effect. In layperson's terms: *40% decrease in heart attack patient admissions.*

**Spend 30
minutes in a
smoky bar and
your arteries will
react just like a
smoker's.**

Research shows that even short-term exposure to second-hand smoke does real damage. Spend just 30 minutes in a smoky bar, and you will damage the lining of your arteries, your blood will become more sticky, and you will increase your risk of a heart attack or stroke.*

There is no safe level of exposure to tobacco smoke.

*Quoted from research by Stanton A. Glantz, Ph.D., at the University of California. www.tobaccoaction.org/links



CDC Warning

washingtonpost.com

Secondhand Smoke Poses Heart Attack Risk, CDC Warns

By Marc Kaufman
Washington Post Staff Writer
Friday, April 23, 2004; Page A01

For the first time, the Centers for Disease Control and Prevention is warning people at risk of heart disease to avoid all buildings and gathering places that allow indoor smoking.

The CDC disclosed its new advisory in a commentary to a study published in the British Medical Journal yesterday, saying doctors need to warn people with heart problems that secondhand smoke can significantly increase their risk of a heart attack. The agency said that as little as 30 minutes' exposure can have a serious and even lethal effect.

The commentary accompanied a study showing that the number of heart attacks in Helena, Mont., decreased substantially after the city banned indoor smoking, then rose quickly to its former level after the law was struck down in court.

That study found that during the six-month period in 2002 when the ban was in effect, the number of heart attacks reported by Helena's heart hospital fell by 40 percent.

In his commentary, Terry Pechacek, associate director of science at CDC's Office on Smoking and Health, wrote that the research underscores evidence that secondhand smoke rapidly increases the tendency of blood to clot, which can restrict blood flow to the heart.

All people at risk for heart disease should avoid all indoor places that allow smoking –

Short-term exposure to secondhand smoke creates an increased risk of heart attacks.

2006 Surgeon General's Report

- There is no “risk-free” level of exposure to secondhand smoke.
- Ventilation of the air cannot eliminate all the health risks caused by exposure to secondhand smoke.



Hospitality Workers

**A pack a day.
And I don't even smoke.**

**Restaurant employees
deserve a smoke-free workplace.**

www.SmokeFreeFortCollins.org



- Most at risk for developing heart disease and cancers.
- 50% more likely to die of lung cancer than other workers.

So what *can* we do about it?









Smokefree Policies at Work!



Reduce exposure to secondhand smoke among workers & the public



Reduce number of cigarettes smoked



Help people quit



Help prevent children from smoking

U. S. Department of Health and Human Services. *Reducing Tobacco Use: A Report of the Surgeon General*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 2000.

From Sections to Smokefree



1980's Smoking Sections



1990's Smoking Rooms

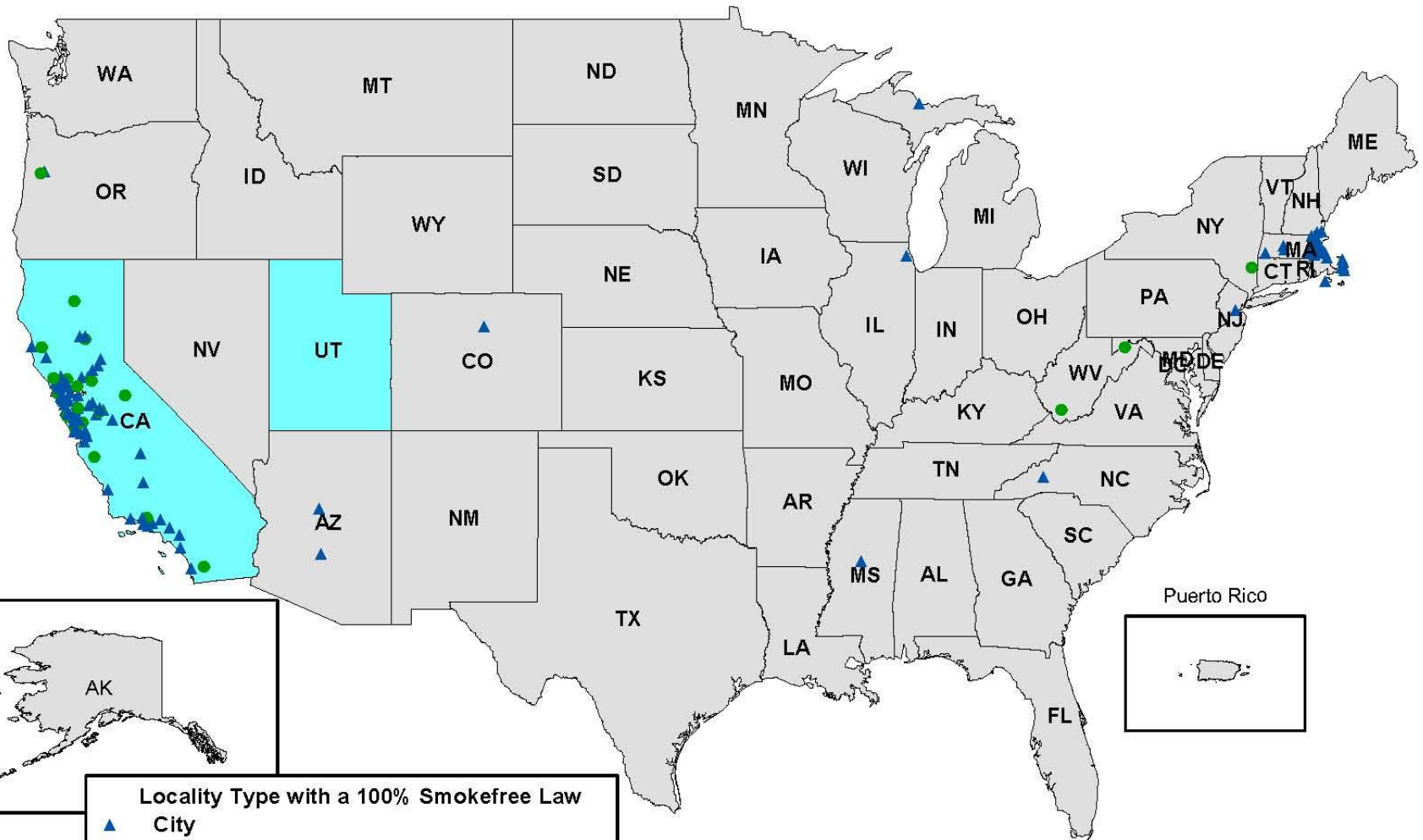


Now 100% Smokefree

United States 100% Smokefree Laws

American Nonsmokers' Rights Foundation

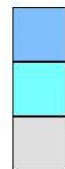
As of January 1, 2000



Locality Type with a 100% Smokefree Law

- ▲ City
- County

State and Commonwealth Law Type



100% Smokefree in Workplaces, Restaurants, and Bars

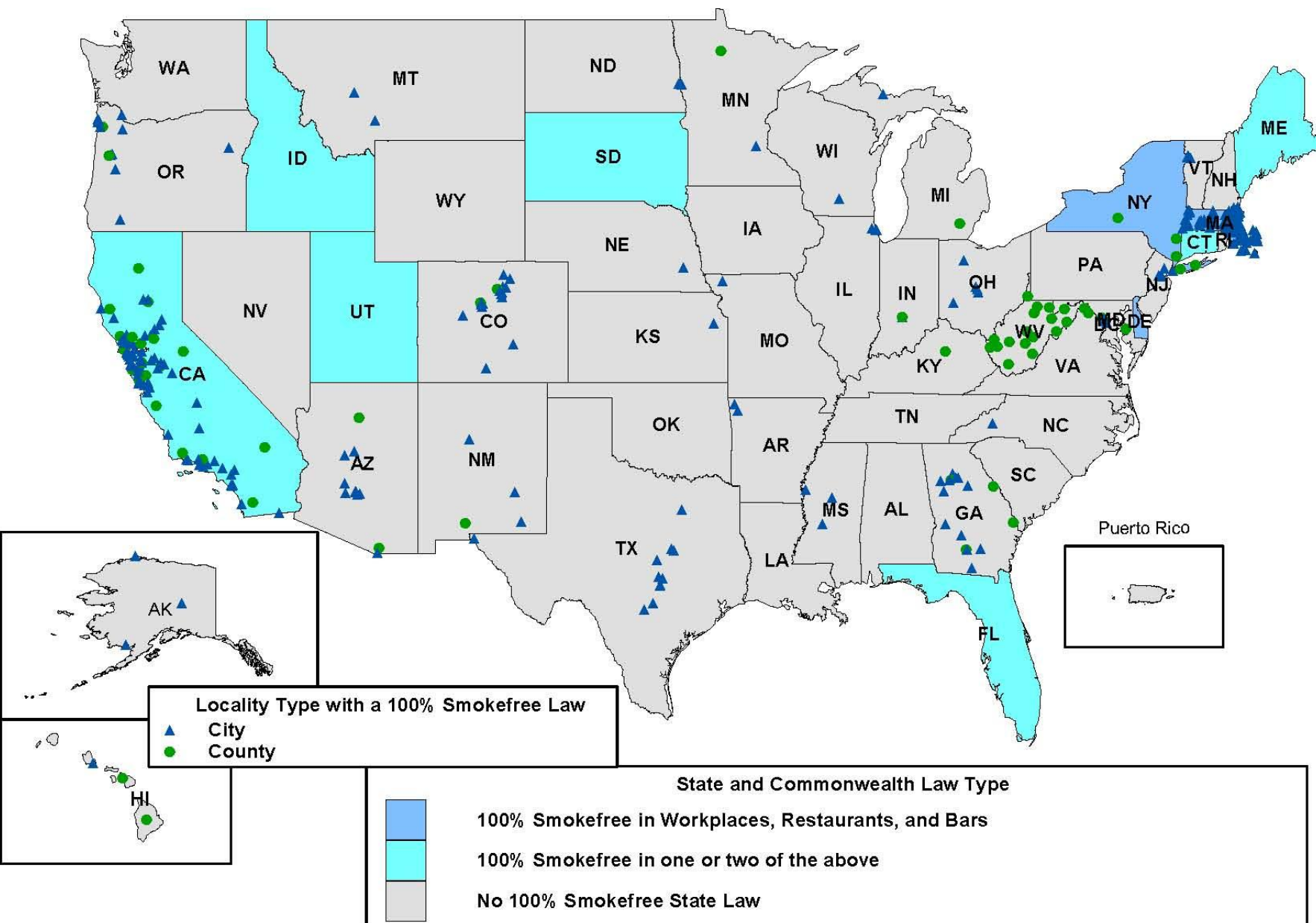
100% Smokefree in one or two of the above

No 100% Smokefree State Law

United States 100% Smokefree Laws

American Nonsmokers' Rights Foundation

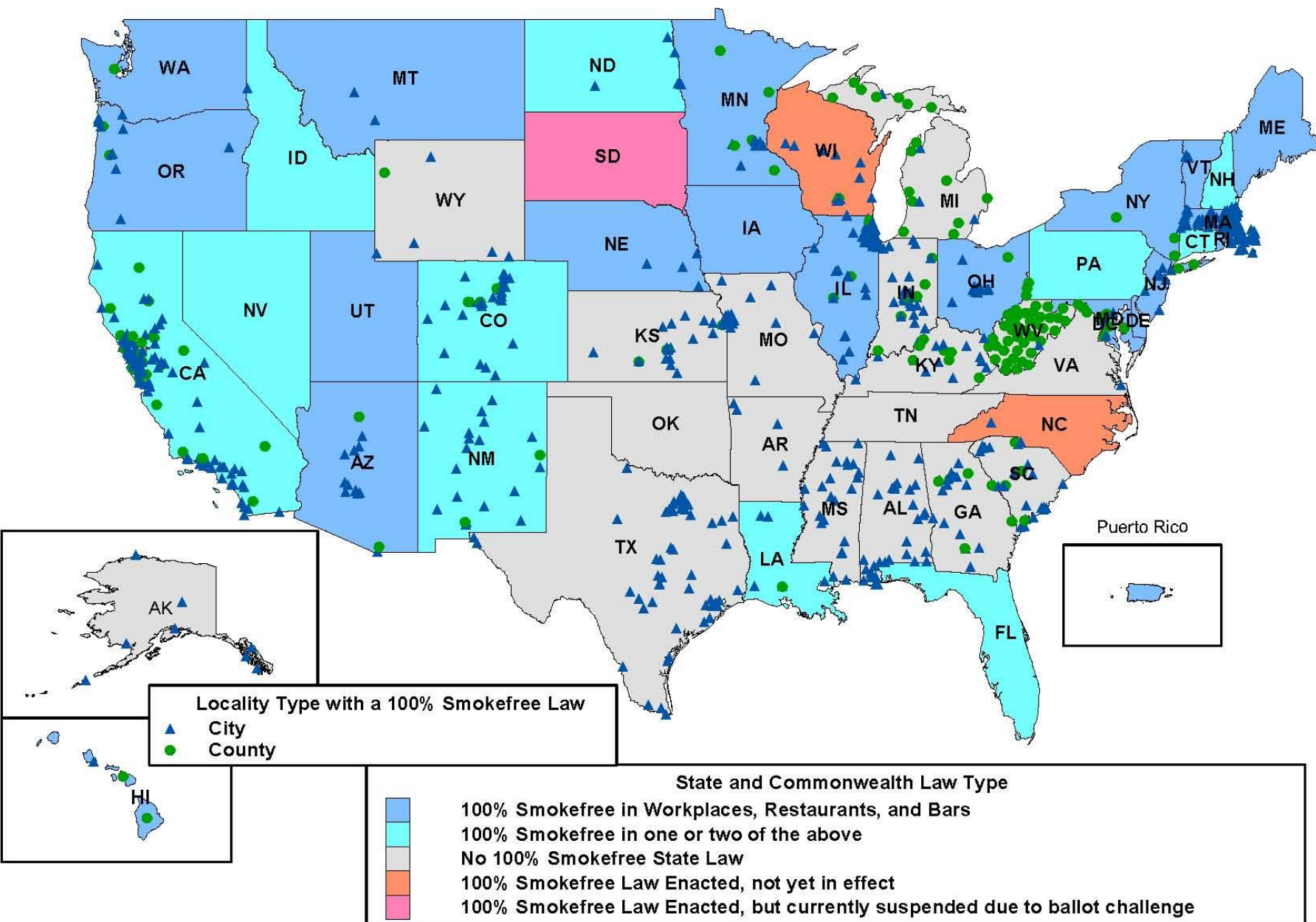
As of January 1, 2005



United States 100% Smokefree Laws

American Nonsmokers' Rights Foundation

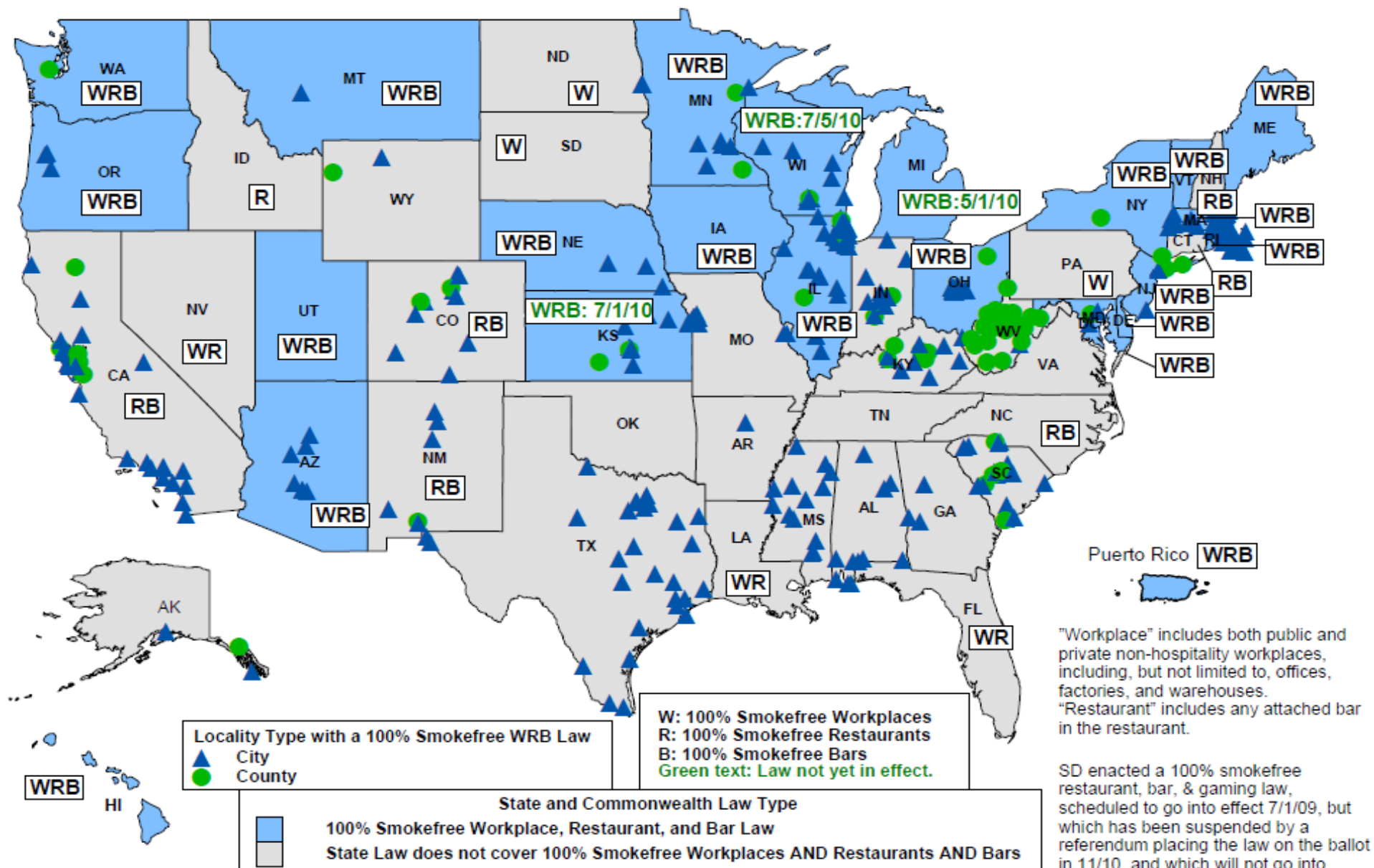
As of November 30, 2009



U.S. 100% Smokefree Laws in Workplaces AND Restaurants AND Bars

American Nonsmokers' Rights Foundation

As of April 1, 2010

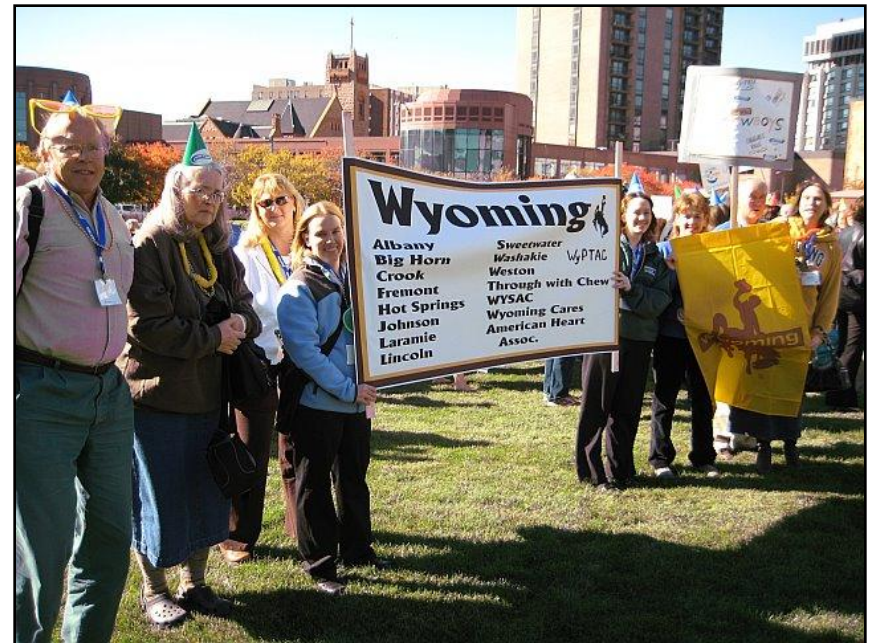


"Workplace" includes both public and private non-hospitality workplaces, including, but not limited to, offices, factories, and warehouses.
"Restaurant" includes any attached bar in the restaurant.

SD enacted a 100% smokefree restaurant, bar, & gaming law, scheduled to go into effect 7/1/09, but which has been suspended by a referendum placing the law on the ballot in 11/10, and which will not go into effect unless approved by the voters.

Activity in Wyoming!

- Laramie County (areas outside of Cheyenne)
- Casper (Natrona County)
- Teton County (pending lawsuit)
- Buffalo
- Big Piney
- Mountain View
- Thermopolis
- Others...



Who should pass the policy in WY?

- County Board of Health?
- City/County Council?
- Wyoming State Legislature?



Via Board of Health?

○ Pros

- Traditionally more supportive
- Boards of Health should protect health

○ Cons

- May not stand up in court
- To be determined...



Via City Council?

- Pros

- The law would stick
- It's their job to pass public health policy

- Cons

- More challenging politically



Via the Wyoming Legislature?

○ Pros

- The whole state would follow one law

○ Cons

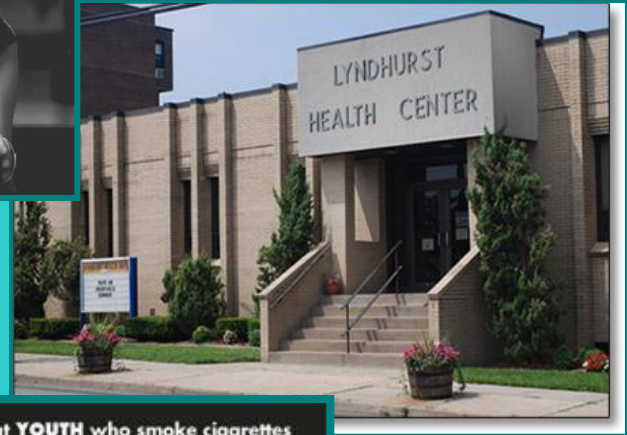
- The law would not be as strong
- Easier to enforce locally
- More challenging to pass politically
- Tobacco industry influence
- **Preemption** a serious risk if passed at state level



Getting the right people involved



Who makes up *your*
Smokefree Coalition?



Studies show that **YOUTH** who smoke cigarettes are 14 times more likely to abuse alcohol and 100 times more likely to smoke marijuana than their non-smoking peers.
(National Institute on Drug Abuse)

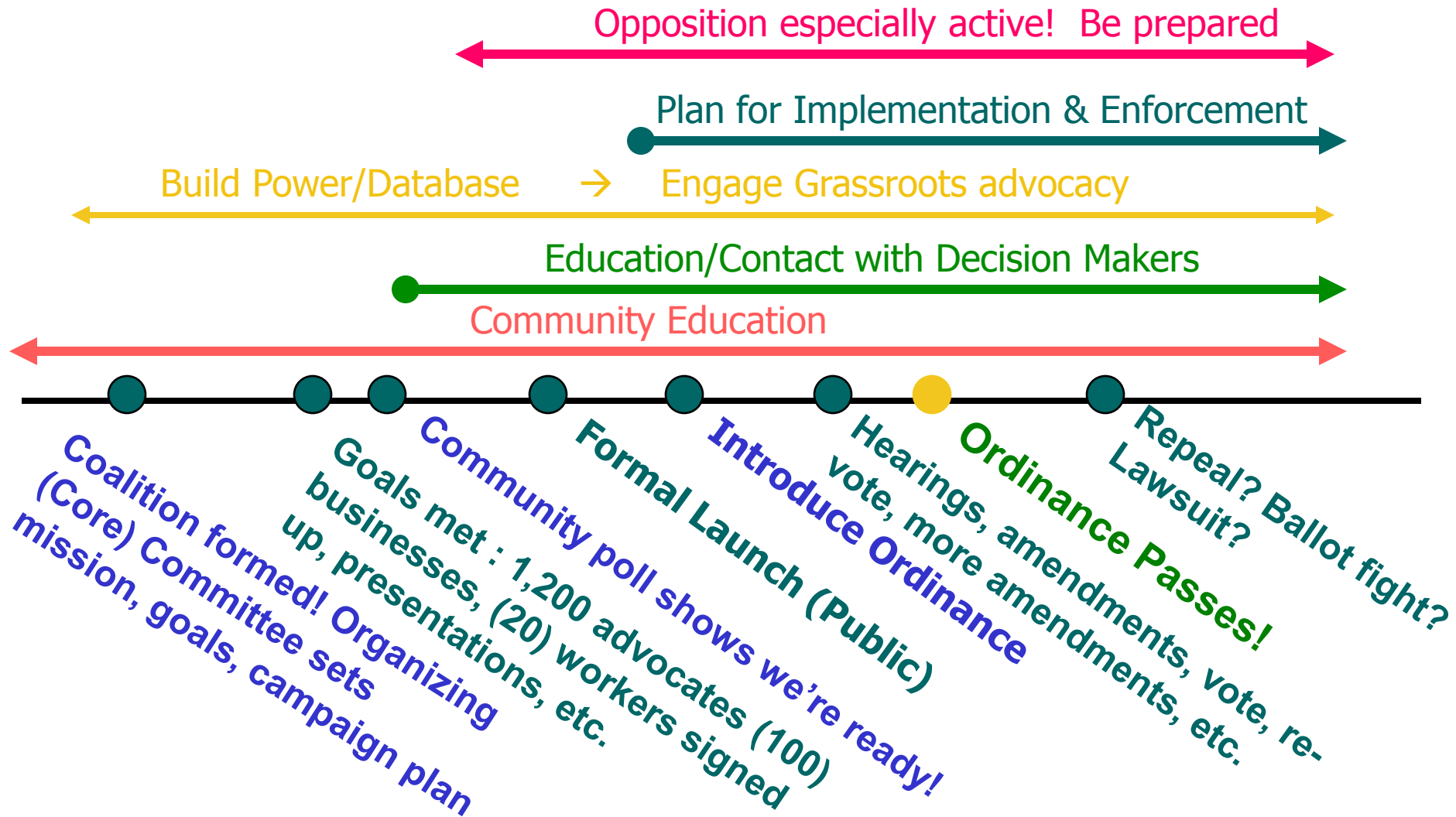


Studies also show that smokefree indoor air is one of the most effective ways to prevent youth from lighting up.
(Journal of Health Economics 10:43-64 (1991))

We believe we all have the right to breathe clean air.

For more information please visit
www.tobaccofreejackson.org

What to Expect in a Smokefree Campaign



What is in a Model Ordinance?



- **Title**
- **Findings and Intent**
- **CLEAR Definitions**
 - **Indoor Public Places**
 - **Places of Employment**
- **Where Smoking Not Regulated**
- **Posting of Signs**
- **Non-retaliation clause**
- **Enforcement**
 - **Violations and Penalties**
- **Public Education**
- **Governmental Agency Cooperation**
- **Liberal Construction**
- **Severability clause**
- **Effective Date**
 - **60-90 days out**
- **Also Consider:**
 - **Outdoor Stadiums**
 - **Reasonable Distance**

What is NOT in a Model Ordinance?

- **Poor definitions**
- **Accommodation (e.g. red light/green light)**
- **Ventilation**
- **Smoking Rooms**
- **Minors only**
- **Time-specific provisions**
- **Hardship exemptions**
- **Private Club exemptions**
- **Trigger Schemes**
 - “you go, then we go”
- **Long phase-in periods**
- **Smoking licenses**
 - “pay to smoke”



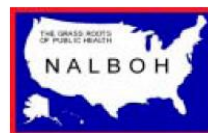
**AVOID ANY PROVISION
THAT PREVENTS FUTURE
PROGRESS**

Agree on Deal-Breakers Before Heat Rises

Put it in
writing!

FUNDAMENTALS OF SMOKEFREE WORKPLACE LAWS

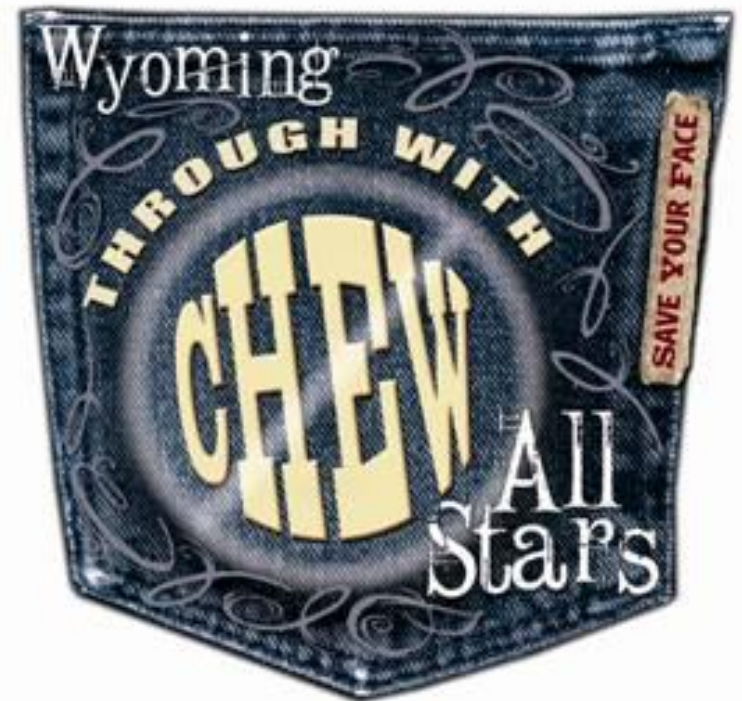
The following national partners have agreed to these fundamental principles, in hopes that this document will help guide and maximize the impact of efforts to increase the number of workers and residents in the United States who are protected from secondhand smoke in workplaces and public places:



April, 2006

Special Circumstances in Wyoming

- Spit Tobacco & Other Tobacco Products
- Rodeo History
- “Marlboro Man”



Cheryl Rose, *Casino Worker*

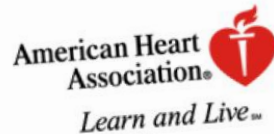
“...was diagnosed with Stage 4 lung cancer in June 2008. She had never smoked, and there was no history of cancer in her family. Doctors told Rose what she had suspected. Her cancer likely resulted from years of inhaling smoke at work — in casinos.” (from *Las Vegas Sun* Reporter Liz Benston, Feb 14, 2010.

Cheryl died April 20, 2010



FUNDAMENTALS OF SMOKEFREE WORKPLACE LAWS

The following national partners have agreed to these fundamental principles, in hopes that this document will help guide and maximize the impact of efforts to increase the number of workers and residents in the United States who are protected from secondhand smoke in workplaces and public places:



April, 2006

Please call us about
smokefree policy change!

Annie Tegen
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Nonsmokers' Rights*
annie.tegen@no-smoke.org
206-545-7175